



STORE BRAND CEREALS

Crisp(y) Rice

- Albertson's
- Best Yet
- Home & Garden
- Hy Top
- Kroger
- Ralph's
- Safeway
- Stater Brothers
- Vons
- American Fare
- Great Value
- Hospitality
- IGA
- Ralston (Military Commissary)
- Red & White
- Springfield
- Sunny Select
- Western Family

Instant Oatmeal

- Albertson's
- Hy Top
- Kroger
- Ralph's
- Safeway
- Stater Brothers
- Vons
- Best Ye
- IGA
- Ralston (Military Commissary)
- Red & White
- Springfield
- Sunny Select
- Western Family

CAN BUY

- ✓ 12 oz. package or larger (except Store Brand Instant Regular Oatmeal plain, unflavored, in 11.8 oz. or 12 oz. box of individual serving packets).
- ✓ Cereal can be packaged in boxes or bags.
- ✓ Can combine sizes and types to buy up to, but not over, 36 oz.

CANNOT BUY

- ✗ Individual servings, except store brand Instant Oatmeal
- ✗ Packages smaller than 12 oz., except for store brand Instant Oatmeal
- ✗ Cereals with chocolate, fruit, fruit flavors, nuts, or marshmallows
- ✗ Brands or labels not specifically listed on WIC Authorized Food List and WIC Shopping Guide



JUICE

Shelf Stable 64 oz.

Apple

- Hansen's

Orange

- Store Brand/Private Label

Vegetable

- Store Brand/Private Label

Grape

- Langers (White Grape and Red Grape)

Pineapple

- Langers

Blended Fruit

- Hansen's (Apple Grape and Apple Strawberry)



JUICE

Frozen Concentrate 11.5 or 12 oz

Apple

- Langers

Orange

- Langers

Blended Fruit

- Welch's (White Grape Cranberry, White Grape Peach, White Grape Pear, and White Grape Raspberry)


Grape

- Welch's (Purple Grape and White Grape)

Pineapple

- Old Orchard

CAN BUY

- ✓ Must contain Vitamin C at 120% of daily value per 8 oz. of juice.
- ✓ Store brand/Private label with  on bottle cap.

CANNOT BUY

- ✗ Freshly squeezed juices
- ✗ Juices in jars or cartons
- ✗ Juice with sugar added
- ✗ Refrigerated bottles or cartons
- ✗ Any other brand, flavor, type or size
- ✗ Punch or ades (lemonade, Kool-aid®, etc.)
- ✗ Infant juices
- ✗ Fruit juice drinks
- ✗ Any other size container

WIC AUTHORIZED FOOD LIST

California WIC Program

Revised July 2005



California Department of Health Services Special Supplemental Nutrition Program for Women, Infants and Children

WIC is an Equal Opportunity Program.
Developed by the WIC Supplemental Nutrition Branch
California Department of Health Services

www.wicworks.ca.gov

Arnold Schwarzenegger, Governor
S. Kimberly Belshé, Secretary, Health and Human Services Agency
Sandra Shewry, Director, California Department of Health Services



Requirements for participation in the WIC Program are the same for everyone regardless of race, color, national origin, religion, political belief, sex, age, or disability. For the nearest WIC office, call toll-free 1-888-942-9675.



BREASTFEEDING WOMEN

For Women Who Breastfeed Only and DO NOT USE Formula

TUNA

- Chunk light, water-packed

CAN BUY

- ✓ Any brand
- ✓ 6 oz. cans
- ✓ Dietetic tuna is OK
- ✓ Low Sodium tuna is OK

CANNOT BUY

- ✗ Solid White or Albacore
- ✗ Oil-packed tuna
- ✗ Tuna with soy protein added
- ✗ Prime fillet

CARROTS (any brand)

- Pre-packaged, fresh, large, whole

CAN BUY

- ✓ Any brand
- ✓ Pre-packaged ONLY

CANNOT BUY

- ✗ Canned, shredded, frozen, or baby carrots
- ✗ Bulk (not packaged)



CEREALS FOR WOMEN

General Mills

- Cheerios (plain)

Kellogg's

- Corn Flakes (plain)
- Frosted Mini-Wheats (Original or Bite Size)

Malt-o-Meal

- Malt-o-Meal Original (plain)

Post

- Honey Bunches of Oats (Honey Roasted)
- Premium Bran Flakes

Quaker

- Life (plain)
- Squares (blue box)

Store Brands

(see list of authorized labels)

- Crisp(y) Rice
- Instant Oatmeal (Regular unflavored, in 11.8 oz. or 12 oz. box of individual serving packets.)

CAN BUY

- ✓ 12 oz. package or larger (except Store Brand Instant Regular Oatmeal plain, unflavored, in 11.8 oz. or 12 oz. box of individual serving packets).
- ✓ Cereal can be packaged in boxes or bags.
- ✓ Can combine sizes and types to buy up to, but not over, 36 oz.

CANNOT BUY

- ✗ Individual servings, except store brand Instant Oatmeal
- ✗ Packages smaller than 12 oz., except for store brand Instant Oatmeal
- ✗ Honey-frosted, cinnamon, or fruit flavored Mini-Wheats
- ✗ Honey Bunches of Oats with almonds or fruit flavors
- ✗ Cereals with chocolate, fruit, fruit flavors, nuts, or marshmallows
- ✗ Brands or labels not specifically listed on WIC Authorized Food List and WIC Shopping Guide



CEREALS FOR CHILDREN

General Mills

- Cheerios (plain)
- Kix (plain)

Kellogg's

- Corn Flakes (plain)
- Frosted Mini-Wheats (Original or Bite Size)

Nabisco

- Cream of Wheat (1 Minute, 2-1/2 Minute, 10 minute) 14 oz. or 28 oz. (1 lb. 12 oz.) No single serving packets

Post

- Honey Bunches of Oats (Honey Roasted)

Quaker

- Life (plain)
- Crunchy Corn Bran

Store Brands

(see list of authorized labels)

- Crisp(y) Rice
- Instant Oatmeal (Regular unflavored, in 11.8 oz. or 12 oz. box of individual serving packets.)

CAN BUY

- ✓ 12 oz. package or larger (except Store Brand Instant Regular Oatmeal plain, unflavored, in 11.8 oz. or 12 oz. box of individual serving packets).
- ✓ Cereal can be packaged in boxes or bags.
- ✓ Can combine sizes and types to buy up to, but not over, 36 oz.

CANNOT BUY

- ✗ Individual servings, except store brand Instant Oatmeal
- ✗ Packages smaller than 12 oz., except for store brand Instant Oatmeal
- ✗ Honey-frosted, cinnamon, fruit flavored, or Mini-Wheats
- ✗ Honey Bunches of Oats with almonds or fruit flavors
- ✗ Cereals with chocolate, fruit, fruit flavors, nuts, or marshmallows
- ✗ Brands or labels not specifically listed on WIC Authorized Food List and WIC Shopping Guide



MILK

- **Pasteurized Fluid Cow's Milk** (single gallons or gallon twin pack)
- For "1-1/2 gallon" check, must buy one full gallon and one 1/2 gallon
- **Evaporated Milk** (12 oz. can)
- **Powdered Dry Milk** (9.6 oz. to 25.6 oz. box)
- **Acidophilus Milk** (1/2 gallons)
- **Lactose Free Cow's Milk** (1/2 gallons - any brand)

CAN BUY

- ✓ Whole
- ✓ Nonfat, skim, fat free
- ✓ Calcium fortified Lactaid
- ✓ 1% Lowfat, light
- ✓ 2% Reduced fat

CANNOT BUY

- ✗ Raw (unpasteurized) milk
- ✗ Non-dairy milk substitutes
- ✗ UHT milk (shelf-stable)
- ✗ Evaporated "Filled" milk
- ✗ Sweetened condensed milk
- ✗ Chocolate milk (or any other flavor)
- ✗ Buttermilk
- ✗ Goat's milk
- ✗ Quart or pint sizes
- ✗ Organic milk
- ✗ Soy milk



EGGS

- **Grade AA chicken eggs**

CAN BUY

- ✓ Any brand
- ✓ Dozens ONLY
- ✓ White ONLY
- ✓ Small, medium, or large only

CANNOT BUY

- ✗ Jumbo or extra large eggs
- ✗ Low cholesterol eggs
- ✗ Other grades of eggs
- ✗ Powdered or liquid eggs
- ✗ Specialty eggs such as: cage free, stress free, vitamin enriched, organic, or Egglands Best
- ✗ Brown eggs
- ✗ Egg substitutes
- ✗ Ungraded eggs
- ✗ Vitamin enriched



CHEESE

- **Natural cheddar, Processed American cheese, Jack, or Mozzarella**

CAN BUY

- ✓ Any brand
- ✓ Block or round, domestic cheese ONLY
- ✓ 0.75 pound (12 oz.) package is minimum size
- ✓ Regular or lower fat (nonfat, lowfat, or reduced fat)
- ✓ Low sodium or Kosher varieties are OK
- ✓ Extra sharp, sharp, medium, mild or white cheddar

At the Deli:

- ✓ Can get block cheese sliced if no extra charge
- ✓ Can buy cheese from a manufacturer's pre-sliced block in deli

CANNOT BUY

- ✗ Marbled cheese
- ✗ Processed cheese food
- ✗ Cream cheese or Parmesan
- ✗ Cheese spreads or cheese "product"
- ✗ Cheese with added hot peppers or spices
- ✗ String or shredded cheese
- ✗ Cheese made outside the USA
- ✗ Pre-packaged sliced cheese, individual slices wrapped or not
- ✗ Any other variety of cheese, such as Colby or Muenster



PEANUT BUTTER

- **Plain, creamy, chunky, super chunky styles, or honey nut roasted**

CAN BUY

- ✓ Any commercial brand
- ✓ Low sodium or low sugar are OK
- ✓ Some checks may allow 12 or 24 oz. jars
- ✓ 16 to 18 oz. jars ONLY

CANNOT BUY

- ✗ Any other size container
- ✗ With added fruit, jams, or preserves
- ✗ Non-commercially prepared ("grind your own")
- ✗ No lowfat or reduced-fat peanut butter or "peanut butter spread"



PEAS, BEANS, or LENTILS

- **Uncooked dried beans, peas, and lentils**

Canned beans 14 to 16 oz.

(only issued to a few WIC participants)

CAN BUY

- ✓ Any brand
- ✓ Pre-sealed package or in bulk
- ✓ Plain mixed beans, peas, and/or lentils
- ✓ Any variety

ONLY if printed on WIC check:

- ✓ Uncooked dried beans, peas, and lentils
- ✓ Plain canned beans (any variety).
- ✓ Canned baked beans (plain, vegetarian, with pork, with bacon).
- ✓ Canned black-eye peas or chickpeas

CANNOT BUY

- ✗ Frozen beans, peas, or lentils
- ✗ Canned green or wax beans, canned green peas
- ✗ Canned baked beans with beef or with franks
- ✗ Mixed bean soup with flavor packet, grains, or spices
- ✗ Canned refried beans, Cajun style, BarBeQue, or Ranch Style

WIC Participant Responsibilities

1. Use your WIC checks only at the store whose name and address are printed on your checks.
2. Be courteous and considerate in the store.
3. Buy the correct foods and the correct amount of foods listed on your WIC checks.
4. Buy the full amount of food stated on **infant cereal and infant formula** WIC checks.
5. Read your cereal check carefully. Women and children have different cereal choices.
6. Use your WIC checks starting with the "First Day to Use" date printed on your checks and ending with the "Last Day to Use."
7. Separate WIC foods from the other foods you are buying. Do this before you reach the checkstand.
8. Tell the cashier right away that you are using WIC checks.
9. Show your WIC Authorization Folder to the store cashier **every time** you shop for WIC foods.
10. Sign your WIC checks in front of the cashier **after** the cashier writes the price on the check. **Do not sign your checks before you go to the store.**
11. Do not return any WIC foods for cash, credit, exchange, or "rain check."
12. Teach your alternates to buy the correct WIC foods and to use WIC checks correctly.
13. Have your alternates sign your WIC Authorization Folder before they go to the store to shop for you. The WIC checks should be signed at the checkstand after the price is written in, not before.
14. Talk to the store manager if you have a complaint about a store or store clerk. Report the date, time, and names of store people involved. Call your local WIC agency or the State WIC Office if you are still not satisfied.

Responsibilities of Stores That Accept WIC Checks

1. Treat WIC customers with courtesy and respect.
2. Check the store name and the issue date on WIC checks. Follow the "First Day to Use" and "Last Day to Use" printed on the checks.
3. Sell the correct WIC foods stated on the WIC checks. Cereal choices are different for women and children.
4. Participants **must be able to buy the full amount of food stated on their WIC checks, when they choose to do so.**
5. Participants must buy the full amount of food stated on infant cereal and infant formula WIC checks at the time of the transaction before the participant signs the check.
6. Enter the exact purchase price of the food items on the WIC check at the time of the transaction.
7. Ask to see the WIC Authorization Folder. Have the WIC participant sign the WIC check in your presence at the completion of the transaction. Match the signature on the WIC check. Do not ask for any other form of identification. Disregard ID numbers, since they will not match.
8. Allow the WIC customers to purchase items at the same sale prices as your other customers. Accept manufacturer and store coupons according to the terms stated. This includes "two for one", "buy one, get one free", and "buy one, get a non-WIC item free" offers. "Cents-off" coupons should be deducted from the "exact purchase price".
9. Do not accept or return cash as part of WIC purchases. Do not give credit, make exchanges, or give "rain checks" on any WIC foods.
10. Place WIC shelf labels only under those foods that are allowed for WIC in California.
11. Complete the "Attempted Voucher Violations" card to report participant violations.



INFANT FORMULA

- **Similac Advance with Iron (milk-based)**
13 fl. oz. liquid concentrate or powder in a 12.9 oz. can
- **Similac Isomil with Iron (soy-based)**
13 fl. oz. liquid concentrate or powder in a 12.9 oz. can
- **Similac with Iron (milk-based)**
13 fl. oz. liquid concentrate or powder in a 12.9 oz. can
- **Similac Isomil Advance with Iron (soy-based)**
13 fl. oz. liquid concentrate or powder in a 12.9 oz. can
- **Similac Lactose Free Advance with Iron (milk-based)**
13 fl. oz. liquid concentrate or powder in a 12.9 oz. can

CAN BUY

- ✓ **MUST BUY THE FULL AMOUNT OF FORMULA stated on the WIC check**
- ✓ **Other formula allowed ONLY if it is printed on the WIC check.** (For example: Nestlé Goodstart Supreme [without DHA/ARA], Nutramigen LIPIL, Similac NeoSure Advance, Enfamil Enfacare LIPIL, Alimentum Advance, PediaSure [vanilla only], Enfamil AR LIPIL)

CANNOT BUY

- ✗ Any other brand, type, or size not printed on the front of the WIC check
- ✗ Low iron infant formula, or formula with no iron



INFANT CEREAL

- **Gerber (rice, barley, oatmeal, or mixed cereal)**

CAN BUY

- ✓ 8 oz. boxes
- ✓ Can mix types
- ✓ Dry pack cereal with iron
- ✓ **MUST BUY THE FULL AMOUNT OF Cereal stated on the WIC check.**

CANNOT BUY

- ✗ Infant cereal with added fruit
- ✗ Single serving cups
- ✗ Any other type or brand
- ✗ 6 oz. variety packages